

Beans, Rice And Everything Nice

Curry Millet and Lentil Balls



original recipe by: beansriceeverythingnice.weebly.com

Ingredients

1/2 cup gluten-free millet
1/2 cup red lentils, sorted and washed
2 cups cauliflower florets
2 1/2 cups water
2-3 teaspoons curry powder
1/2 teaspoon garlic powder
1/2 teaspoon onion powder

1. Place everything in a medium saucepan and bring to a boil over medium-high heat. Reduce heat to medium-low and simmer covered for 25-30 minutes—until the water has all been adsorbed. Stir to combine and set aside until cool enough to handle.
2. Line a baking sheet with parchment paper or a silicone baking mat. Scoop out about 2 Tablespoons of the mixture and form into a round ball with your hands. Place the ball on the prepared baking sheet. When all the mixture has been made into balls, place the baking sheet in the refrigerator to set for 20 minutes. Preheat the oven to 205C/400F.
3. When the oven is ready, bake the balls for 20 minutes, turn them over, and bake for 20 more minutes. Serve with Tamarind Date Sauce.